

Winter/ Spring Adult Schedule

All classes are in-studio

Level	Class	Teacher	Time
Monday			
Advanced Beginner	Ballet	Jonson	8:00 - 9:30 p.m.
Tuesday			
Intro to Ballet	Ballet	Jonson	7:30 - 9:00 p.m.
Wednesday			
Intermediate	Ballet	Galdy	11:30 a.m. - 1:00 p.m.
Intro to Ballet	Ballet	Jonson	7:30 - 9:00 p.m.
THURSDAY			
Advanced Beginner	Ballet	Galdy	11:30 a.m. - 1:00 p.m.
Intermediate	Ballet	Jonson	7:30 - 9:00 p.m.
SATURDAY			
Advanced Intermediate	Ballet	Yang	10:00 - 11:30 a.m.

- **Intro to Ballet:** Recommended for adults with no previous ballet experience as well as students that would like to refine and improve their technique, posture and alignment. Students will experience a full classical ballet class introducing ballet vocabulary, proper posture and alignment.
- **Advanced Beginner:** Recommended for adults with a minimum of one year of classical ballet experience. This class will focus on refining basic ballet technique while introducing more advanced steps at the barre and center.
- **Intermediate:** Recommended for students with a minimum of two years of classical ballet experience. This class will continue to focus on the use of proper posture and alignment while introducing more complex combinations, concentrating on the use and coordination of arms and head.
- **Advanced Intermediate:** Recommended for students with a minimum four years of classical ballet technique. This class will offer complex combinations at the barre and center focusing on both artistry and technique.